

## ABSTRACT OF THE DISCLOSURE

A disk drive uses a running OPC control recording technique for obtaining an optimum recording power level. The  
5 disk drive irradiates an optical disk with an optical spot, detects a front power level and a rear power level of a reflected optical spot, calculates an index of the recorded state of the mark formed by the recording power of the optical spot, and controls the recording power based on the index of the recorded state.